

#### ABSTRACT

A fluorescent lamp includes: a bulb including bent and straight-tube portions having an external tube diameter of 12 to 20 mm and a tube length of 800 to 2500 mm. The straight portions are disposed generally within the same plane through the bent portions. A pair of end portions with electrodes sealed therein form a single discharge path through the straight tube and bent portions. A phosphor layer is formed on the inner face of the bulb, and a discharge medium including mercury is sealed in the bulb. Thermal deterioration of the phosphor layer formed at the straight tube portions is reduced so deterioration of the initial light flux is suppressed, allowing lighting at higher efficiency. With the above configuration, a fluorescent lamp is compact and capable of light with high efficiency, and with improved light output properties. A light fixture uses this fluorescent lamp.